

# Oxford Knee Group

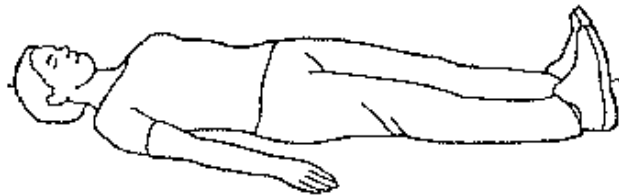
## Basic Knee Exercises

The use of regular exercise and gradual and regular increases in activity levels can prove very important in helping to improve the strength and function of your knee. It has been shown that strengthening the muscles not only improves your mobility but also reduces pain.

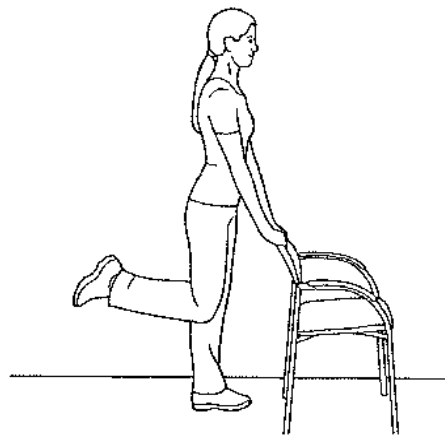
Exercise should be part of a programme including the use of simple painkillers, maintaining a sensible weight and the wearing of suitable footwear.

Exercise should include local muscle strengthening and general aerobic fitness. Below are examples of exercises that can be helpful. They can be done at any time of day. These exercises could also be split up to fit into your life style or could be done in one go. Begin with 10-15 repetitions of each exercise and build up as you can.

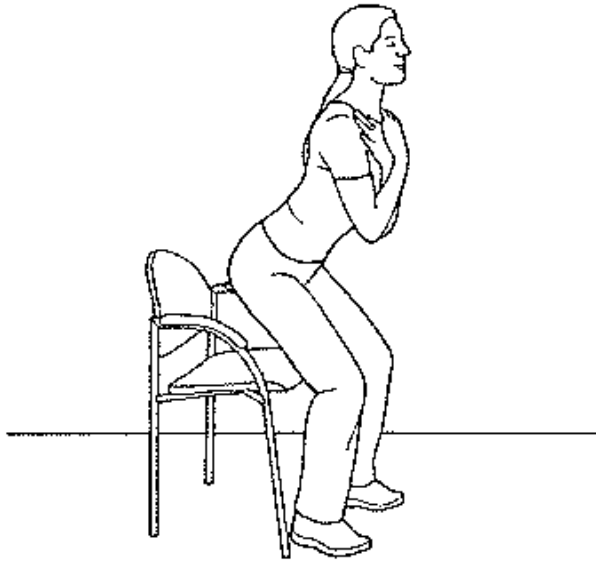
1. **Static Quadriceps contraction:** Sit or lie with your legs stretched out in front of you. Tense your muscles on the front of the thigh by pushing the back of your knee down into the bed and pull your toes toward you. Hold for a count of 5 seconds. Relax completely then repeat



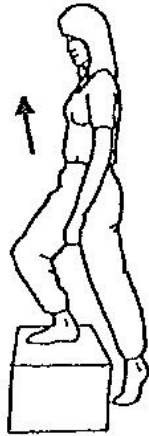
2. **Hamstring curls:** Stand hold onto a support. Keep your thighs level. Bend your knee taking your heel towards your bottom. Return to standing and repeat.



3. **Sitting to standing:** Sit on a firm chair with arm rests. Bend both of your knees to a right angle keeping your feet flat on the floor. Stand up fully and then sit down, repeat.



4. **Step up and down:** Stand at the bottom of a flight of stairs and hold the banister for support. Step up with one leg leading. Repeat alternating the leading leg.



Activities that improve your overall fitness are also beneficial. These can include cycling, swimming (particularly front and back crawl) or gym work. If you belong to a gym the gym fitness team may help you to develop a suitable programme.

There is certainly no cause for alarm should your knee become slightly stiff or sore during or following exercise. The likelihood is that this will settle down quickly. However, should you have any concerns please contact your G.P who will advise you further.